

# July

# Bergen County Senior Center Menu

# 2026









**Suggested Donation \$1.25 per meal**

*Donations are voluntary and confidential.*

*No one will be denied a meal if a donation is not given.*

*Guest Meals - \$5.37*

Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (<8g), 50-55% Carbohydrate, 15-20% Protein (>35g), 1000mg or less Sodium. Salt and sugar are not added to any recipe. *Menu subject to change without notice.*

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> Antipasto Salad  <b>Chicken Florentine</b>            Wild Rice Pilaf            Green Beans Almondine            Whole Wheat Bread            Fresh Seasonal Fruit</p>	<p><b>2</b> Carrot Slaw  <b>Hot Dogs/Hot Dog Buns</b>            Sauerkraut <i>Mustard/Ketchup/Relish</i>            Baked Beans            Red Skin Potato Salad            Sliced Watermelon</p>	<p><b>3</b></p> 
<p><b>6</b> Cheeseburger with Lettuce and Tomato            Vegetable Macaroni Salad            Coleslaw            Hamburger Bun <i>Ketchup/Mayo</i>            Ice Cream Cups</p>	<p><b>7</b> Chicken and Rice Soup  <b>Roast Turkey and Swiss with Lettuce and Tomato</b>            Vegetable Quinoa            Broccoli Slaw <i>Mayonnaise</i>            Whole Grain Roll            Fresh Seasonal Fruit</p>	<p><b>8</b> Marinated Chickpea Salad  <b>Stuffed Cabbage</b>            Baby Potatoes            Peas and Carrots            Whole Wheat Bread            Fresh Seasonal Fruit</p>	<p><b>9</b> Garden Salad <i>Balsamic</i>  <b>Korean BBQ Chicken Leg</b>            Stir Fried Brown Rice            Asian Blend Vegetables            Multigrain Bread            Mandarin Oranges</p>	<p><b>10</b> Garden Salad <i>Honey Mustard</i>  <b>Roast Pork Loin with Apple Cinnamon Glaze</b>            Diced Sweet Potatoes            California Blend Vegetables            Rye Bread            Fresh Seasonal Fruit</p>
<p><b>13</b> Chicken Noodle Soup  <b>Hawaiian Chicken</b>            Wild Rice            Sliced Carrots            Whole Grain Roll            Pineapple Tidbits</p>  <p><i>National Ice Cream Month</i></p>	<p><b>14</b> Chef Salad with Diced Turkey, Diced Swiss Cheese, Tomatoes, Shredded Carrots and Chickpeas <i>Ranch Dressing</i>            Vegetable Couscous            3-Bean Salad            Rye Bread            Fresh Seasonal Fruit</p>	<p><b>15</b> Caesar Salad  <b>Chicken Parmesan</b>            Ziti Marinara            Italian Green Beans            Garlic Knot            Fresh Seasonal Fruit  <i>Caesar Dressing/Parmesan Cheese</i></p>	<p><b>16</b> Minestrone Soup  <b>Egg Salad with Lettuce/Tomato</b>            Beet and Onion Salad            Vegetable Orzo Salad            Pumpernickel Bread (x2)            Blueberries</p>  <p><i>National Cherry Day</i></p>	<p><b>17</b> Vegetable Soup  <b>Teriyaki Glazed Salmon</b>            Yellow Rice            Snap Peas            Whole Wheat Bread            Ice Cream Cups</p>
<p><b>20</b> Cream of Tomato Soup  <b>Cheese Omelet</b>            Turkey Sausage            Roasted Potato Wedges            Sautéed Onions and Peppers            Blueberry Muffin            Fruit Yogurt</p>	<p><b>21</b> Garden Salad <i>Italian Dressing</i>  <b>Italian Meatballs</b>            Rotini Marinara            Broccoli Florets            Garlic Bread            Fresh Seasonal Fruit  <i>Parmesan Cheese</i></p> 	<p><b>22</b> Manhattan Clam Chowder  <b>Seafood Salad on Spinach</b>            Beet and Onion Salad            3-Bean Salad            Multigrain Roll            Fresh Seasonal Fruit</p>	<p><b>23</b> Health Salad  <b>BBQ Pulled Pork Sandwich</b>            Macaroni and Cheese            Sautéed Spinach            Whole Grain Hoagie Roll            Fruit Cocktail</p>  <p><i>National Lemon Day</i></p>	<p><b>24</b> Garden Salad <i>French Dressing</i>  <b>Chicken Cordon Bleu</b>            Mashed Potatoes            Carrot Coins            Whole Wheat Bread            Blueberries</p>
<p><b>27</b> Beef Barley Soup  <b>Roast Beef with Gravy</b>            Baked Potato <i>Sour Cream</i>            Sautéed Spinach with Mushrooms            Whole Wheat Bread            Fresh Seasonal Fruit</p>	<p><b>28</b> Cream of Broccoli Soup  <b>Breaded Haddock</b>            Wild Rice Pilaf            Mixed Vegetables            Multigrain Bread            Berry Mix  <i>Tartar Sauce/Fresh Lemon</i></p>	<p><b>29</b> Spinach Salad <i>Thousand Isl.</i>  <b>LS Ham Steak with Pineapple</b>            Diced Sweet Potatoes            Zucchini with Tomatoes            Rye Bread            Fresh Seasonal Fruit</p>	<p><b>30</b> Caprese Salad  <b>Chicken Piccata with Capers</b>            Mashed Potatoes            Sweet Peas            Dinner Roll            Rainbow Sherbet</p>	<p><b>31</b> Marinated Chickpea and Tomato Salad  <b>Stuffed Peppers</b>            O'Brien Potatoes            Diced Carrots            Multigrain Roll            Fruit Cocktail</p> 

Each meal is served with skim milk and your choice of coffee or hot tea.

Prepared by Nancy Turnier, MS, RDN, Registered Dietitian